



**CALENDAR OF EVENTS**  
≈≈≈ SUMMER 2021 ≈≈≈

We welcome you and your loved ones to join us for some of our special programs and events. If you have any questions regarding your membership, or to join MyHealthy Advantage, please contact us at [MyHealthyAdvantage@HHCHealth.org](mailto:MyHealthyAdvantage@HHCHealth.org) or call 860.378.1268.

## Alzheimer's & Dementia Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. **Registration required for the first time you join.**

**First Tuesday of every month, 10-11am.**

Are you a caregiver and feeling overburdened? Are you responsible for making financial decisions, managing changes in behavior or even helping a loved one get dressed in the morning? This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. This group is coordinated with the West Hartford Senior Center and sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association CT Chapter. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register,

*you'll receive an email with easy instructions on joining the virtual class.*

**Third Monday of every month, 1-2:30pm.**

This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Patty O'Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging. This group is coordinated with the Berlin-Peck Library and sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association CT Chapter. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, *you'll receive an email with easy instructions on joining the virtual class.*

**Second Wednesday of every month, 10-11am.**

Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, *you'll receive an email with easy instructions on joining the virtual class.*

**Younger Onset Dementia Caregiver Support Group**  
**Third Wednesdays: July 21 and Aug. 18, 8-9pm.**

Facilitated by Adrienne DeVivo, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register,

*you'll receive an email with easy instructions on joining the virtual class.*

**Last Monday of every month, 10:30-11:30am.**

Facilitated by Michelle Wyman, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association - Connecticut Chapter. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, *you'll receive an email with easy instructions on joining the virtual class.*

**Second Wednesday of every month, 6:30-8pm.**

This group is an affiliated support group of the Alzheimer's Association Connecticut Chapter. Facilitated by Patty O'Brian, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Southington Care Center. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](http://HartfordHealthCare.org/VirtualClasses).** After you register, *you'll receive an email with easy instructions on joining the virtual class.*

**Call-in Dementia Caregivers Support Group**  
**Fridays, 2pm.**

This call-in support group includes topics such as communication techniques, caregiver support, benefits of activities, stages of the disease, family dynamics and safety issues. Facilitated by Hartford HealthCare Center for Healthy Aging's certified dementia specialists. Sponsored by Hartford HealthCare Center





for Healthy Aging. Registration is not required. For more information, call 877.424.4641. To join Hartford HealthCare's Virtual Meeting Room, call: 860.972.6338. Access code: 19623#.

### Virtual Memory Café

**Mondays: July 12 and Aug. 2, 10:30-11:30am.**

The Virtual Memory Café is a welcoming place for people with memory loss, mild cognitive impairment and early dementia, and for their families and friends. Memory Café offers an easy and fun way to socialize with others who have a shared experience. Facilitated by a dementia specialist, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging. REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.*

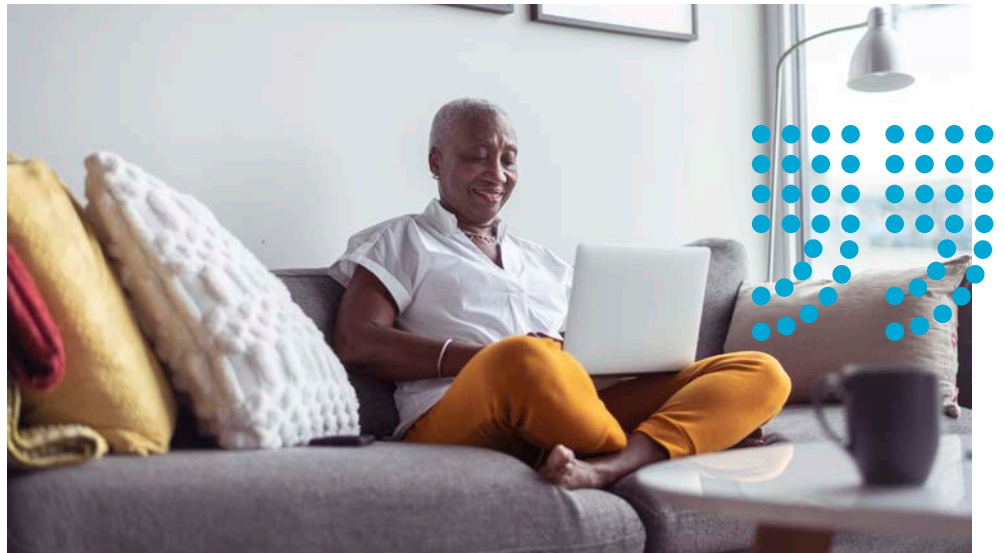
### Memory Screenings

Free virtual memory screenings are now available at your convenience through Hartford HealthCare Center for Healthy Aging. These confidential screenings average 20 minutes and consist of five questions to assess memory. They do not diagnose any illness but can indicate if someone should follow up with a full medical exam. To learn more or to schedule an appointment, call Hartford HealthCare Center for Healthy Aging, 1.877.424.4641.

### Virtual Bereavement Support Groups

**First and third Mondays, 1-2:30pm.**

Facilitated by Nichol Burris. To RSVP, email [nichol.burris@hhchealth.org](mailto:nichol.burris@hhchealth.org).



**Second and fourth Wednesdays, 1-2:30pm.**

Facilitated by Bill Pilkington. To RSVP, email [bill.pilkington@hhchealth.org](mailto:bill.pilkington@hhchealth.org).

**Second and Fourth Fridays, 11am-12pm.**

Metamorphosis: Honoring the Sacred Journey of Grief. Facilitated by Jennifer Johnson. To RSVP, email [Jennifer.Johnson@hhchealth.org](mailto:Jennifer.Johnson@hhchealth.org).

**Call-in Bereavement Support Group**

**Thursdays, 1-2:30pm. Call 860.972.6338; code: 22528#.**

*Sponsored by Hartford HealthCare at Home Hospice Program. For more information and to register, please email the facilitator. After you register, you'll receive an email with easy instructions on joining the virtual class.*

### Diabetes Prevention

**YMCA Diabetes Prevention Program**

This series, which incorporates exercise with education, is for individuals who have not already been diagnosed with Type 2 diabetes. Participants receive a free three-month YMCA membership and guidance in the gym. For Southington residents only, 18 years old and older. For more

information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email [jmiceli@scymca.org](mailto:jmiceli@scymca.org).

### Heart Health

**YMCA Heart Healthy Program**

During this program participants will be able to experience live calls with dietitians and certified trainers as well as have the ability to participate in virtual exercise classes. The program includes a free 12-week membership to the Southington YMCA. To be eligible for the Heart Healthy Program, participants must be at least 18 years of age. For more information, contact Jolene Miceli, Southington Community YMCA, 860.426.9589 or email [jmiceli@scymca.org](mailto:jmiceli@scymca.org).

**Women's Heart Disease Support Group**

**Every third Wednesday of the month, from 4:45-6pm.**

The WomenHeart of Central Connecticut Support Network is a peer-to-peer patient support and education group for women living with heart disease. This support is critical to a woman's recovery and well-being and can help women make informed decisions about their health and care. The National Coalition for Women with Heart Disease is the nation's only patient-

centered organization serving the 48 million American women living with or at risk for heart disease and is dedicated to women's heart health through patient support, education and advocacy. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

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## Stroke Support Group

### Virtual Stroke Support Group

This group provides support and education for stroke survivors and their caregivers/families. Facilitated by Christina Collin, stroke coordinator. For dates and times, contact Christina Collin, 860.224.5900, ext. 6468.

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## Cancer Support Group

### Breast Cancer Support Group

**Tuesdays: July 20 and Aug. 17, 5:30pm.**

In this free support group, participants will have the opportunity to meet and speak openly with peers who have been impacted by breast cancer. All are welcome to join! **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

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## Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

### Movement Disorders and Other Neurodegenerative Conditions: Support for Caregivers

**First and Third Tuesdays: July 6 & 20 and Aug. 3 & 17, 10-11am.**

Each session spotlights a

different caregiver/care-partner topic. Meetings begin with a brief clinician-led presentation. Afterwards, participants can share and contribute their own thoughts and experiences related to the session topic. Sessions will take place bi-weekly through Zoom. Facilitated by Jennifer McCaughey, MS, CDP; Amanda Brill, LCSW, and Jennifer Lambert, LCSW. Sponsored by Hartford HealthCare Center for Healthy Aging and Chase Family Movement Disorder Center.

RSVP to [amanda.brill@hhchealth.org](mailto:amanda.brill@hhchealth.org) or [jennifer.mccaughey@hhchealth.org](mailto:jennifer.mccaughey@hhchealth.org).

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## Virtual Programs

### JULY

#### How to Fall Safely

**Tuesday, July 6, 10-11am**

Sometimes, there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Learn how to fall down the correct way forwards or backwards, and all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Mitchell Nyser, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

#### Understanding Lymphedema

**Wednesday, July 7, 11am-12pm.**

The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes

and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

#### Understanding Deep Brain Stimulation (DBS)

**First Wednesdays: July 7 and Aug. 4, 12-1pm.**

In this informational session, join Sarah Zurek, RN, BSN, Deep Brain Stimulation Program coordinator, to learn about DBS as a treatment option for Parkinson's disease, essential tremor and dystonia. Q&A with the speaker will follow. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

#### Bumps & Lumps - Skin Issues

**Thursday, July 8, 12-1pm.**

In this class, learn more about: common skin conditions, causes and symptoms and treatment options. Q&A with the speaker will follow. Presented by Aaron A. Bennett, DO, director, The Hospital of Central Connecticut Faculty Surgery Clinic, Hartford HealthCare Medical Group. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy



instructions on joining the virtual class.

### **Blue Zones: 9 lessons**

**Thursday, July 8, 1-2pm.**

In this class, learn more about: what are Blue Zones; lifestyle habits of the longest living people in the world; and small changes for a longer, happier and healthier life. Q&A with the speaker will follow. Presented by Michelle Wyman, LSW, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### **How to Be Aware of Your Surroundings**

**Thursday, July 8, 1:30-2:30pm.**

In this interactive presentation, learn more about how to avoid slips, trips and falls. Q&A with the speaker will follow. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### **Let's Talk About Preparing for the Older Years**

**Wednesday, July 14, 12-1:15pm.**

In this presentation, learn more about: how to talk to your loved ones about: end-of-life; long-term care and asset protection issues; what legal documents are required to achieve your goals; and how to plan for a health care crisis. Q&A with the speaker will follow. Presented by Daniel O. Tully, attorney, Kilbourne & Tully P.C. Sponsored

by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### **Focused Awareness Meditation**

**Tuesday, July 20, 11am-12pm.**

Join this interactive class right from the comfort of the phone, computer or tablet and learn more about: scientifically based practice of meditation; how to feel more relaxed, focused and calm; and a simple five-step meditation technique. Q&A with the speaker will follow. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### **Managing Chronic Back Pain**

**Thursday, July 29, 1:30-2:30pm.**

In this interactive presentation, learn more about: defining pain; risk factors and causes; and ways to manage back pain. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by

Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

## **AUGUST**

### **Building Better Bones & Joints**

**Wednesday, Aug. 4, 1-2pm.**

In this interactive presentation, learn more about: bone and joint health; benefits of moving to maintain bone health; and the best exercises for your bones and joints. Q&A with the speaker will follow. Presented by Julie Sopchak, exercise physiologist, GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses).** After you register, you'll receive an email with easy instructions on joining the virtual class.

### **Exercise & Healthy Aging**

**Thursday, Aug. 5, 11am-12pm.**

Join this interactive class right from the comfort of the phone, computer or tablet and learn more about: the benefits of daily activities to shape physiology; how exercise can be used as a tool to fight disease and age-related decline;



and types of exercise. Q&A with the speaker will follow. Presented by Michele Boisvert, exercise physiologist, Hartford HealthCare GoodLife Fitness. Sponsored by Hartford HealthCare GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## **Understanding Lymphedema** **Wednesday, Aug. 11, 11am-12pm.**

The World Health Organization estimates that over 250 million people worldwide live with lymphedema or chronic swelling. It is a disease that can cause pain, limit our mobility and cause us to be insecure about ourselves. In this interactive presentation, learn more about: the causes and effects of swelling; ways to manage it; and how participation in skilled occupational and physical therapy can help. Presented by a certified lymphedema therapist from Hartford HealthCare Rehabilitation Network. Sponsored by Hartford HealthCare Rehabilitation Network. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## **Funeral Trust Planning & Medicaid**

**Wednesday, Aug. 11, 12-1pm.**

In this free informational presentation, learn more about funeral trust planning and Medicaid. Presented by James W. Cowan Jr., life planning consultant, JG Advance Planning. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION**

**REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## **Habits of a Lifetime**

**Tuesday, Aug. 17, 10-11am.**

In this free informational seminar, learn more about: how to identify and enhance details of a person's life history, lifestyle and habits; how to incorporate these points into their care and routine; and strategies to adjust care and engagement throughout the disease progression. Q&A with the speaker will follow. Presented by Kristine Johnson, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## **It's Time to Make Your Move!**

**Wednesdays: Aug. 18 & 25, 12-1pm.**

**Session 1: How to know when you or your loved one is ready for an assisted living**

**Session 2: Downsizing, what does that entail**

**Session 3: What do you look for in an assisted living when you are ready to make that move, what questions do I ask?**

Presented by Sarah Gerrish, BA, community services liaison, The Orchards at Southington. Sponsored by The Orchards at Southington. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining

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## **Growing Older Can Bring New Purpose**

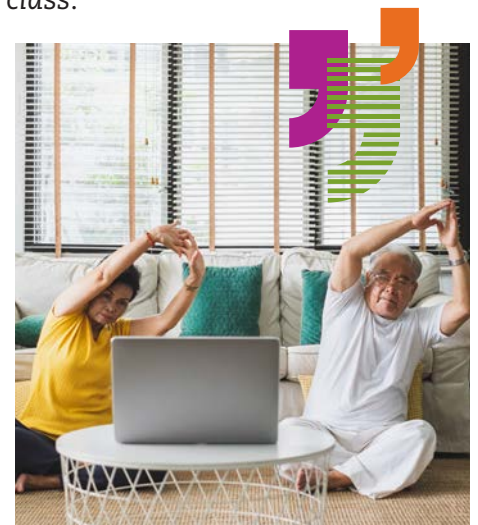
**Thursday, Aug. 19, 11am-12pm.**

In this free informational program, learn more about: physical changes and what we can do, mental changes and how to combat them; and how to continue to live an active and engaging life. Q&A with the speaker will follow. Presented by Evan Gross, exercise physiologist, GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.

## **Understanding Arthritis**

**Tuesday, Aug. 24, 11am-12pm.**

In this interactive presentation, learn more about: dietary factors; how free radicals and trauma can cause arthritis; how arthritis is diagnosed; and what you can do to prevent it. Q&A with the speaker will follow. Presented by Christine Solimini-Swift, exercise physiologist, GoodLife Fitness. **REGISTRATION REQUIRED:** Call 1.855.HHC. HERE (1.855.442.4373) or go to [HartfordHealthCare.org/VirtualClasses](https://HartfordHealthCare.org/VirtualClasses). After you register, you'll receive an email with easy instructions on joining the virtual class.





## Medicare

### Medicare 101: Understanding Your Options

**Dates include: July 7, 12, 14, 19, 21, 26 & 28 and Aug. 2, 4, 9, 11, 16, 18, 23, 25 & 30. Call for times.**

Topics include: Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Coverage. Presented by Marissa Hiebel and Lisa Benton, Medicare educators. Sponsored by Hartford HealthCare and Integrated Care Partners. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

## Virtual Series

### Dementia Caregiver Series

The Dementia Caregiver Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions.

#### Topics include:

**Session 1: Overview of Dementia**

**Session 2: Basics of Good Communication and Understanding Behaviors**

**Session 3: Safety in the Environment and How to Structure a Day with Activities**

**Session 4: Taking Care of the Caregiver and Care Options**

**Session 5: Overview of Community Resources that May Be Helpful**

**Thursdays: July 1, 8, 15, 22 & 29, 11am-12pm.**

Or

**Mondays: Aug. 2, 9, 16, 23 & 30, 1:30-3:30pm.**

Presented by a certified dementia specialist from

Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

**It's Time to Make Your Move**  
**Wednesdays: Aug. 18 and 25 and Sept. 1, 12-1pm.**

**Session 1: How to know when you or your loved one is ready for an assisted living**

**Session 2: Downsizing, what does that entail**

**Session 3: What do you look for in an assisted living when you are ready to make that move, what questions do I ask?**

Presented by Sarah Gerrish, BA, community services liaison, The Orchards at Southington. Sponsored by The Orchards at Southington. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

### Healthy Brain Series

The Healthy Brain Series is offered at various dates and times. Participants should select one series and are encouraged to attend all five sessions.

#### Topics include:

**Session 1: Challenge Your Mind Daily: Activities to Keep Your Mind Sharp**

**Session 2: Feeding the Brain: The Importance of Diet and Hydration**

**Session 3: Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age**

**Session 4: Good Sleep and Brain Power: The Importance of Sleep and Your Brain**

**Session 5: The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest**

**Wednesdays: July 7, 14, 21, 28 & Aug. 4, 1-2pm.**

Or

**Thursdays: Aug. 5, 12, 19, 26 & Sept. 2, 11am-12pm.**

Presented by a certified dementia specialist from Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging. **REGISTRATION REQUIRED: Call 1.855.HHC. HERE (1.855.442.4373) or go to HartfordHealthCare.org/VirtualClasses.** After you register, you'll receive an email with easy instructions on joining the virtual class.

## Open Houses

### Cedar Mountain Commons

3 John H. Stewart Drive, Newington.

**Saturdays: July 10 and Aug. 7, 9am-1pm.**

Call Marie Pugliese to schedule a tour, 860.665.7901.

**Arbor Rose at Jerome Home**  
975 Corbin Ave., New Britain.

Call Arbor Rose to schedule a tour, 860.229.3707.

**The Orchards at Southington**  
34 Hobart St., Southington.

**Saturdays: July 10 and Aug. 28, 9am-1pm.**

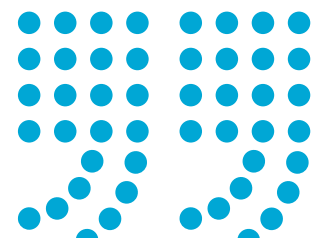
Call Antoinette Ouellette to schedule a tour, 860.628.5656.

**Mulberry Gardens of Southington**

58 Mulberry St., Plantsville.

**Saturday, Aug. 28, 9am-1pm.**

Call Marie Terzak to schedule a tour, 860.276.1020.



# MyHealthy Advantage



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